

## **Report of European Academy of Ayurveda 2023**

The Rashtriya shikshan Mandal's Tilak Ayurved Mahavidyalaya, Pune had organized a seminar on 'Food as medicine- Ayurvedic nutrition and herbal therapy' for students of European Academy of Ayurved. A group of 18 students from the Academy headed by Christine Rosenberg were present for the course from 25/2/2023 to 3/03/2023.

Program director / patron : Hon Dr D. P. Puranik (President RSM Pune)

Advisor : Hon. Dr Sadanand Deshpande (Principal, Tilak Ayurved Mahavidyalaya, Pune)

Coordinator: Hon Dr Mihir Hajarnavis (Vice Principal, Tilak Ayurved Mahavidyalaya, Pune)

Resource persons: Teaching faculty members of Tilak Ayurved Mahavidyalaya, Pune.

The Inauguration function was held at the onset of the programme for the introduction of students to the faculty members and a brief outline of the seminar was given to the students.

### **Day 1**

Diet cases and recipes in digestive disorders was conducted by Dr. Yoginee Patil. A demonstration and practical training of Dietary recipes in digestive disorders was conducted by Dr. Ashvini Bodade and Dr Yoginee Patil.

Diet cases and recipes in cardiovascular disorders was conducted by Dr Anand Barve. A demonstration and practical training of Dietary recipes in cardiovascular disorders was conducted by Dr. Indira Ujagare and Dr. Anand Barve

### **Day 2**

Diet cases and recipes in neurological disorders was conducted by Dr Mihir Hajarnavis. A demonstration and practical training of Dietary recipes in neurological disorders was conducted by Dr Maithili Naik and Dr Mihir Hajarnavis

Diet cases and recipes in child health was conducted by Dr Asmita Jadhav, A demonstration and practical training of Dietary recipes in child health was conducted by Dr Sneha Kulkarni and Dr Asmita Jadhav

### **Day: 3**

A study tour to Ayurved Rasashala, Karve road Pune was organized. Dr. Indira Ujagare and Dr Apoorva Sangoram accompanied the students and gave them information about the products of Ayurved Rasashala.

Diet cases and recipes in obesity was conducted by Dr. Asmita Jadhav,

A demonstration and practical training of Dietary recipes in child health was conducted by Dr Sneha Kulkarni and Dr Asmita Jadhav

Gunas of Aharavarga

Part 1

Gunas of Aharavarga

Part 2

These were held and conducted by the department of Dravyaguna under Dr Apoorva Sangoram.

### **Day 4**

Diet cases and recipes in diabetes mellitus was conducted by Dr Sadanand Deshpande

A demonstration and practical training of Dietary recipes in diabetes mellitus was conducted by Dr Sangeeta Sawant and Dr Sadanand Deshpande

Diet cases and recipes in maternal health was conducted by Dr Rucha Ganu,  
A demonstration and practical training of Dietary recipes in maternal health was conducted by Dr Sayali Kulkarni and Dr Rucha Ganu

#### **Day 5**

Diet cases and recipes in geriatric diseases was conducted by Dr Manjiri Deshpande  
A demonstration and practical training of Dietary recipes in geriatric was conducted by Dr Darshana Ubhale and Dr Manjiri Deshpande

Diet cases and recipes in mental health was conducted by Dr Sneha Kulkarni,  
A demonstration and practical training of Dietary recipes in maternal health was conducted by Dr Sneha Kulkarni and Dr Yoginee Patil.

#### **Day 6**

Visit to Sheth Tarachand Ramnath Charitable Ayurvedic Hospital, Pune was organized and Dr Kalyani Bhat Deputy Superintendent of the hospital explained about the functioning and treatment modalities available at the hospital.

Field a visit to the medicine the garden of TAMV was organized by the Dravyaguna Department of Tilak Ayurved Mahavidyalaya, Pune under the guidance of Dr. Apoorva Sangoram where the students got a glimpse of the wealth of medicinal plants availability in India.

Diet cases and recipes in allergy and skin diseases was conducted by Dr Mihir Hajarnavis  
A demonstration and practical training of Dietary recipes in allergy and skin diseases was conducted by Dr. Saroj Patil and Dr.. Mihir Hajarnavis

#### **Day 7**

Diet cases and recipes in allergy and skin diseases was conducted by Dr Anjali Damle

A demonstration and practical training of Dietary recipes in allergy and skin diseases was conducted by Dr. Pradnya Gathe and Dr. Anjali Damle

The programme concluded with Validatory function . The students gave enthusiastic feedbacks about the excellent organization of the sessions over the course of 7 days.